



INSPIRED SENIOR LIVING

October 2023

Gilmore Gardens



GILMORE GARDENS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>National Seniors Day 1</p> <p>9:00 Footcare with Nerissa (SALO)</p> <p>10:00 Armchair Video (ACT)</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Get Fit with Robin (ACT)</p> <p>3:30 Tech Time with Kelly Woo (CL)</p> <p>7:30 Sing Along with Errol (FIR)</p>	<p>2</p> <p>10:00 Chair Fitness (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Shopping Trip to Seafair (GG)</p> <p>1:30 Decorate for Thanksgiving (FIR)</p> <p>1:30 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>3</p> <p>10:00 Armchair Video (ACT)</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Wellness Session: Chair Yoga with Lynn Walters (ACT)</p> <p>2:45 Giant Crosswords (CL)</p> <p>7:00 Crib/Chess (CL)</p>	<p>4</p> <p>National Taco Day!</p> <p>10:00 Chair Fitness (ACT)</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Bus Outing: Lunch at Legends Pub (GG)</p> <p>1:30 Billiards (SFL)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>5</p> <p>10:00 Chair Fitness: Strength and Balance (ACT)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:30 Java Music Club (CL)</p> <p>4:30 Thanksgiving Entertainment with Roberto Risman (RCPT)</p> <p>7:00 Game of Hearts (ACT)</p> <p>Thanksgiving Buffet 5:00PM & 6:30PM Seatings</p>	<p>6</p> <p>10:00 Osteofit with Robin Masters (ACT)</p> <p>11:00 Advanced Armchair Video with Curtis (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>1:30 Weekender Review in Chinese: 中文講解 拳週活動 (PRI)</p> <p>1:30 Charades: "Falling" for you! (ACT)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>7</p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>2:00 Horseraces Game (ACT)</p> <p>2:00 "Once Upon a Row" Yarn and Book Vendor (FIR)</p> <p>7:00 Movie Night: Joseph and the Technicolor Dreamcoat (ACT)</p>
<p>8</p> <p>10:00 Armchair Video (ACT)</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Get fit with Robin (ACT)</p>	<p>9</p> <p>Happy Thanksgiving!</p> <p>10:00 Advanced Armchair Video with Curtis (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Shopping Trip to Ironwood (GG)</p> <p>1:30 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>10</p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 De-decorate Thanksgiving (FIR)</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Wellness Session: Mental Health and Cognitive Wellness (ACT)</p> <p>2:00 Fit Minds (CL)</p> <p>7:00 Crib/Chess (CL)</p>	<p>11</p> <p>10:00 Chair Fitness (ACT)</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Bus Outing: Lunch at Country Meadows Golf Club (GG)</p> <p>1:30 Billiards (SFL)</p> <p>3:00 Happy Hour (CL)</p> <p>3:30 Girl Guide Cookie Sale (FIR)</p> <p>7:00 Rummikub (ACT)</p>	<p>12</p> <p>9:30 Morning Chat and Coffee with Mirandah (FIR)</p> <p>10:00 Chair Fitness: Strength and Balance (ACT)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:30 Meet Me at the Moma: Henry Ossawa Tanner - The Thankful Poor (1894 Oil Painting) (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>13</p> <p>Living Loving Local Celebration Dinner: Featuring Apples (DR)</p> <p>10:00 Osteofit with Robin Masters (ACT)</p> <p>11:00 Chair Yoga Stretch and Strength with Lauren (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>1:30 Weekender Review in Chinese: 中文講解 拳週活動 (PRI)</p> <p>2:00 Entertainment with Music Variations (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>14</p> <p>National Dessert Day</p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 A Halloween Jeopardy! (ACT)</p> <p>3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p>
<p>15</p> <p>10:00 Armchair Video (ACT)</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>10:30 Beginner Rummikub with Sally (CL)</p> <p>11:00 Get Fit with Robin (ACT)</p> <p>1:30 Advanced Rummikub with Sally (CL)</p> <p>3:30 Tech Time with Kelly Woo (CL)</p>	<p>16</p> <p>10:00 Chair Fitness (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Shopping Trip to Superstore (GG)</p> <p>1:30 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT)</p> <p>2:15 Meet Me at the Moma: Edvard Munch - The Scream (1893 Painting) (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>17</p> <p>10:00 Armchair Video (ACT)</p> <p>10:00 Clarks Shoes (FIR)</p> <p>11:30 Meditation (ACT)</p> <p>11:30 Food Committee Meeting (PRI)</p> <p>1:00 Recreation Committee Meeting (PRI)</p> <p>1:30 Wellness Session: Chair Yoga with Lynn Walters (ACT)</p> <p>2:45 Giant Crosswords (CL)</p> <p>7:00 Crib/Chess (CL)</p>	<p>18</p> <p>9:30 Sign-up for Flu Clinic (FIR)</p> <p>10:00 Chair Fitness (ACT)</p> <p>10:30 Catholic Mass (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:30 Bus Outing: Lunch at Seasons in the Park (GG)</p> <p>1:30 Billiards (SFL)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>19</p> <p>10:00 Chair Fitness: Strength and Balance (ACT)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:30 Armchair Travel to Austria (ACT)</p> <p>1:30 Java Music Club (CL)</p> <p>1:30 Scrabble with Pat (ACT)</p> <p>3:00 Resident Forum (ACT)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>20</p> <p>10:00 Osteofit with Robin Masters (ACT)</p> <p>11:00 Advanced Armchair Video with Curtis (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>1:30 Weekender Review in Chinese: 中文講解 拳週活動 (PRI)</p> <p>2:00 Entertainment with Patrizia Coletta (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>21</p> <p>10:00 Armchair Video (ACT)</p> <p>11:00 Tai Chi (ACT)</p> <p>2:00 Pictionary with Angela (ACT)</p> <p>7:00 Movie Night: Marley and Me (ACT)</p>





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Armchair Video (ACT) 22</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Gentle Fit with Winnie (ACT)</p> <p>2:30 Youth Musician Association (FIR)</p> <p>7:30 Sing Along with Errol (FIR)</p>	<p>10:00 Chair Fitness (ACT) 23</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Shopping Trip to Freshco (GG)</p> <p>1:30 Craft Session: Making Decorated Pumpkins (ACT)</p> <p>1:30 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>7:00 Crib/Chess (CL) 24</p> <p>Flu Clinic Today 9:00AM-2:00PM Please bring your Personal Health Number (Care Card)</p>	<p>10:00 Chair Fitness (ACT) 25</p> <p>10:30 Catholic Prayer and Communion (PRI)</p> <p>11:00 Armchair Video (ACT)</p> <p>1:00 Bus Outing: Scenic Drive (GG)</p> <p>1:30 Billiards (SFL)</p> <p>3:00 Happy Hour (CL)</p> <p>7:00 Rummikub (ACT)</p>	<p>9:30 Morning Chat and Coffee with Mirandah (FIR) 26</p> <p>10:00 Chair Fitness: Strength and Balance (ACT)</p> <p>11:00 Armchair Video (ACT)</p> <p>2:00 Birthday Party & Welcome Tea (DR)</p> <p>7:00 Game of Hearts (ACT)</p>	<p>10:00 Osteofit with Robin Masters (ACT) 27</p> <p>11:00 Chair Yoga Stretch and Strength with Lauren (ACT)</p> <p>11:00 Play Reading with Stephen (PRI)</p> <p>11:00 Decorate for Halloween (FIR)</p> <p>1:30 Weekender Review in Chinese: 中文講解 奉週活動 (PRI)</p> <p>2:00 Halloween Entertainment with The Richmond Singers (FIR)</p> <p>3:00 Happy Hour (CL)</p> <p>6:45 Mah Jong (ACT)</p>	<p>10:00 Armchair Video (ACT) 28</p> <p>11:00 Tai Chi (ACT)</p> <p>1:30 Craft Session: Carving Pumpkins (ACT)</p> <p>3:00 Artful Aging: Painting with Elizabeth and Friends (ACT)</p>
<p>9:00 Foot Care with Nerissa (SALO) 29</p> <p>10:00 Armchair Video (ACT)</p> <p>10:30 GPUC Worship Service (GPUC)</p> <p>11:00 Gentle Fit with Winnie (ACT)</p> <p>3:30 Tech Time with Kelly Woo (CL)</p>	<p>Library Books Due 30 Richmond Public Library Books due</p> <p>10:00 Chair Fitness (ACT)</p> <p>11:00 Go4Life Walking Club (GG)</p> <p>11:00 Armchair Video (ACT)</p> <p>11:00 Choose your Halloween Costume (ACT)</p> <p>1:00 Bus Outing: Shopping Trip to Walmart (GG)</p> <p>1:30 "Sit and Be Fit" Gentle Arthritis Video Exercise Class (ACT)</p> <p>7:30 Bingo (ACT)</p>	<p>Happy Halloween! 31</p> <p>10:00 Armchair Video (ACT)</p> <p>11:30 Meditation (ACT)</p> <p>1:30 Halloween Costume Parade! (FIR)</p> <p>2:00 Halloween Entertainment with The Fabulous Fera Brothers (FIR)</p> <p>2:45 Giant Crosswords (CL)</p> <p>7:00 Crib/Chess (CL)</p>				



Be Grateful

Locations Legend

- Activity Room (ACT)
- Club Lounge (CL)
- Fireside Lounge (FIR)
- Gilmore Gardens (GG)
- Private Dining Room (PRI)
- Gilmore Park United Church (GPUC)
- Second Floor Lounge (SFL)
- Salon (SALO)
- Dining Room (DR)
- Reception Area (RCPT)

Calendar Legend

- Outing
- Special Program
- Vendor
- Theme Day
- Signature Program
- Can Fit Pro
- Resident Run